

FIFE SERVICE GROUP ACTIVITIES (ONLINE & FACE-TO-FACE) SEPTEMBER 2021

For further information on any of our groups please telephone 01592 204541 or email fifeservices@alzscot.org



Community Activities Organiser	Tracey	Michelle	Shirley	Anne	Dementia Advisors	Facebook Live https://www.facebook.com/AlzheimerScotlandFife
Monday	Social Group 11.00am-12noon Reminiscence Group 2.00pm-3.00pm	Quiz & Games 2.00pm-3.00pm and 3.30pm-4.30pm				Singalong – join us on Facebook Live with Amy 12-12.45pm - https://www.facebook.com/AlzheimerScotlandFife
Tuesday	Quiz/Music 11.00am-12 noon Healthy Heart & Hips 1.00-2.30 pm (starting 7 Sept at Resource Centre) (call to book)	Outdoor Garden Group, Rosyth (call to book) 10.00am-11.30am Outdoor Walking Group, Dunfermline – 1-2.30pm (call to book)	Quiz for Fun 3.00pm-4.00pm	Happy Memories Café inc. Let's Go Travelling 11.15am – 12.00noon Football Memories 4.00pm-5.00pm		
Wednesday	Fun and Games 11.00am-12 noon Outside Walking Group, Kirkcaldy – 1.30-2.30pm (call to book)	Movement to Music 11.00am-12 noon		Outdoor Garden Gathering, Tayport (call to book) 10.30-12 noon	LGBT+ carers online group 12.30-1.30pm (1 st Wednesday of the month)	
Thursday	Healthy Heart & Hips 11.00am-12 noon Quiz for Fun 2.00pm-3.00pm	Outdoor Walking Group, Dunfermline – 1-2.30pm (call to book)	Music Favourites 1.30pm-2.30pm (Jukebox Memories last Thursday of the month – 30 th Sept)		Carers' Get Together with Faye and Janine - 2pm-3pm	
Friday	Old Sitcoms/Musicals 11.00am-12 noon		Bingo 2.00pm-3.00pm (Dog Bingo last Friday of the month – 24 th Sept)			

A small donation to help us provide our services would be much appreciated: <https://www.justgiving.com/fundraising/alzheimer-scotland-fife>

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